FRIDAY JANUARY 8, 1965
music group

I think you realize more and more that Friday evenings are very much like meetings when we also talk a little bit, and particularly last Monday, you remember, I talked really a great deal. And what I said last Monday has to do with the development and the possible development of ones feeling center and making it an emotional center so as to transfer the accent pf ones feelings from the solar plexus to the heart and that because of that the feelings would become emotiond.

Every once in awhile I have such urgency of making sure that I want to say everything I have to say. It is not particularly that I have an idea that I might die soon. At the same time, I want to make sure that whatever there is that I happen to know by experience or that I have gone thru because of a certain amount of living or perhaps living sometimes quite intensly and maybe a little suffering connected with it, that I try to formulate for all of you certain things that may be of use. Also when you listen to it and perhaps afterwards if we keep it on a tape so that it might become available. For that reason I have asked George now to start the tape because what I want to say is a very important thing.

It has to do primarily with music than only that I want to tell you that music you must never confuse. You must never give it a certain name. You must never try to say, "Oh, it is like this or like something else." Music stands by itself and that not even to this extent that you must say, like sometimes some people have said, "It is music inspired by Gurdjieff". It is absolutely not true. There is no connection whatsoever. It just happens to be music which I like, or to some extent, which

I want to play and to some extent then it is something that happens perhaps is tinted by whatever my experience may have been and that it flows thru a certain channel that I happen to call myself. It has nothing to do with Gurdjieff than only to the extent that of course I have been influenced by Gurdjieff and that the totality of my psychological makeup is, you might say, mixed with many things from early life together with a certain amount of work and trying to see what are the e values of life and that that, in a totality, has made a certain conviction within me so that I believe that if I would be able to put everything in words that I think about every once in a while, I have a strange kind of a notion that it might be useful in the future.

It is not that I want to leave you might say a legacy because that I think is very difficult and I do not pretend. All I want to do is to make it last as long as it can possibly last because, if one dies an Earthly death, the mind as we know it and the feeling as we know it dies with it and there is nothing left of that kind of brain. The possibility of something else existing perhaps in the sense of immortality or of consciousness, that of course is true but then it is not of this Earth any more and therefore there is no possible communication unless you yourself become conscious. And How soon and how fast you will become conscious, how much you will work depends on your suffering, the shocks you have, the conditions of life and your willingness to sacrifice and your willingness to understand.

And it is about that that I want to talk because that what is most important for one, since it is the highest form of his own development as far as he knows, particularly his physical development, is sex. And what I will say is not something that you will read in any kind of a book because people usually do not talk about it. I will be quite outspoken. Sex is the highest form of energy that we know as far as our physical behaviour is concerned. There is a misuse of sex. There is also a very good use. And the time when we know it is when we confront two different sexes, that is, that sexes, that what is a man and what is a woman and what is the proper place in such a relationship because most of us do not understand it. We get stuck on certain things and we believe and we hope for something else.

Cpnsciousness has nothing to do with physical sex. Unconscious man remains on the levl of his physique. He has not ability to use his feelings because they are not developed and, as far as mental capacities are concerned, there is absolutely no possibility of any so called sexual exchange on that level. It is only possible for man, when he develops, that he could really reach the possibility of unity on the three different levels represented by the three centers.

And for that reason I say that we do not understand the relationship between man and woman. We think it is a little bit of attraction, chemical sometimes. Sometimes one also says it is an emotional quality because I am affected or I feel at home or sometimes it is an intellectual exchange. And all of this is very very small because the predominant factor always remains a physical attraction and the giging in to that and a use of sex energy for that purpose.

I would like you to understand that there is a different kind of use. And you must understand then what it is that woman really wants. A woman wants a man. She cannot be because there are no men. And instead of having a woman settle for whatever she can get, a woman has to have towards a man the possibility, opening herself up to that, of making a man become a man so that then a man can make the woman behave as a woman.

This is the relationship on a conscious basis. If it is not understood that way, sex is dissipated and used for all kind of extraneous purposes, sometimes enjoyable, sometimes you m ight say for making children - but for oneself it is not used. And the misuse is simply that there is a form of energy which is of the highest quality that one ought to become responsible for in many more ways than just the behaviour forms.

How does a woman make a man become a man? By expecting him to be regarding her positive in the sense that he takes a responsibility for her. And that in that expectation he responds to the necessity mostly for the reason that he then can expct his woman to be a good wife or a good companion. And that for that reason, if one does not undertstand this quite well, that one gets lost in all kind of mundane relationships which are very pleasant every once in a while but which will not lead to anything at all. And that the quintessence of the endeavor, the quintessence of the responsibility rests both on man and on woman, altho they can fulfill each other and then, in that sense you might say, become unified as an entity; that that is the question of the responsibility.

That is, a woman has to give the responsibility over and become what she ought to be; that is a negative entity; at the same time a negative quality with force, to show that she expects something where the man has to live up to, that he is supposed to be and what he should be by nature and very often he is not. And that a woman continues to tell a man to become a man so that she wants him as a man - not as someone she can mother because this is where the difficulty usually comes in with the feeling that we try to use regarding someone sle, particularly when one is attracted to him and one says, "Yes, I lève him." And then it is misplaced because it is not the lève on someone that one wants to take care of. It is someone that one wants to admire and respect.

And for that reason that is the responsibility that is necessary for a woman to show, to stand first on her own feet and then to accept and expect a man to correspond to what she is. And only then she can grow. The responsibility for the man is that he makes his woman grow so that then both can grow togehter.

I say this because it is very necessary in all our relationships to understand what should be a relationship on any kind of a basis between man and woman. And when it is natural, it only stays at a level of a little physical and a little bit emotional but there is nothing that has to do with consciousness.

When it is not natural, there is a possibility of a growth really in the sense of work on oneself. And that mutually that kind of a creation for each other should be exactly that, the expectation and the fulfillment.

And if that is not there from the standpoint of work, a marriage is not a success. And when, because of this kind of

attitude, either not understood on the part of the woman or on the part of the man, one must not think that one fulfills the requirements of work on oneself unless one tries to understand what it is in the relationship between man and woman; what it must be when one introduces a conscious attempt.

I said many times it is a question for creation for the other person of that what is right. A woman has to create for the man such conditions that he must grow; that he must respond to the responsibility which is in him latent and that he accepts that whatever his past has been for whatever it is; then to grow in order to take the responsibility ofr what he has taken on himself when he says, "I love you." And that a man, on the other hand, can expect a woman to answer when he develops as a man.

I say this because there are several among us of course who care for each other and that there is a certain relationship, either already established or not established but at least maybe in a certain form and perhaps som times in a certain form of acceptance because as if it already has finished. It is far from finished. There is not end to that kind of relationship in the sense of consciousness.

And that for that, life is given in order to develop that over a long period, as long as one lives, that one can really then in that way grow together ultimately until the final end. That is, that there is a relationship emotionally which becomes a unit - very much like a physical unit exists. And the relationship on the basis of a mind, a mind which anc function and think, which then can also become positive and negative and become an entity between two persons.

That maybe you will be disappointed, maybe that after several years you discover that such a thing is impossible for you, or that you see examples of where it is impossible because one lives many times only on the periphery. I must assure you that never should uou give up such hope. And that you will continue regardless of whatever the cost may be that some day, somehow or other it ought to be possible for one to reach that kind of an entity and unity. And that if you fail, that you hope, you pray for the possible guidance so that you will know what to do and at times that you also will know what not to do and that one will learn and all the time holds this up in front of one as an ideal towards which one ought to strive.

I say it is not easily reached and a certain growth and development and an evolution is necessary. But this is the way work has to become apparent because that is at the present time our highest expression of man. Later on your feelings become more important when they become emotions.. Your mind will also reach a very high degree of importance but will never reach the level of your emotions. And when the emotional level can be reached, that is the bridge thru which you can continue to remain conscious, I would almost say, forever and ever.

But you must also know that in order to become emotionally a unit and unified one has to have the freedom and mostly the freedom from sex. If one is really sincere, if one really know the energy that ought to be available for the purpose of growth, one starts with energies that are available in a great quantity and the sacred Helkdonis and Abnustdonis are made for the purpose of developing, in the first place, an intellectual quality of objective vision and, in the second place, a conscientious abaility to understand emotionally.

For that one uses energy of that kind. This is the right use of energy, the right use of sex energy. Give Caesar whatever is required. But give to the Lord what belongs to Him. To Him belongs that what is the highest in a human being because that principally happens to be the end, you might say, of His digestive system.

And it is at that point, the Si Do of sex, where it is ready to go over into another kind of a scale and all that has to be done in overbridgeing the Si Do is to loosen oneself and become free from the necessity of that kind of physical expression and direct it the way it ought to go when there is enough, when one is young, when there is available energy of that kind since one has worked.

Ones own conscience will be able to tell you how much of one and how much of the other. But you must know that it is very important to understand that; that even when one becomes in ones use conscious so called of the fact that there are two sexes, that is the time to tell because later on many things have already taken place and by that time many of us have been spoiled.

I would like to drink to the right us of sex, of sexual energy in order to build, maybe Kesdjan, Maybe your Soul because the kind of energy which is available is very close to the conversion of the necessity of the highest forms of energy needed for the building of higher being bodies.

This applies to all of us. Do not forget. In whichever state you are, I am not making any exceptions because it is a problem that all of us have to face and all of us have to solve it. If you work you can solve it. If you do not, you will never solve it; you will flounder around; you will dox the best you can and the best will not be good enough.

I wish you good luck.